WHITE OAK SENIOR CENTER

February 2023

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line							
Staying Fit & Having Fun Intel	ectually Speaking Fun & Games	Music, Movement & More Creative Co	rner At the Movies Healing Heart	s By Community Partners			
Mon	Tue	Wed	Thu	Fri			
Feliz Año Nuevo!		9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew *9:30am-1:30pm Kensington Club* 11am-12pm Who Am I? 1pm-2pm Bingo Blast (Espanol)	9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-11:30am Road to Health w/Holy Cross 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Healthy Body Peaceful Mind(Zoom) 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong 1:30pm-3:30pm Chinese Fol Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom) 5pm-7pm Family & Friends Holiday Gathering			

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2pm-3pm Tai Chi (In Person &

Beginner's Welcome)

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Music. Movement & More Staying Fit & Having Fun Intellectually Speaking Fun & Games **Creative Corner** At the Movies **Healing Hearts By Community Partners** Mon Tue Thu Fri Wed 15 16 9am – 10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In Person Zoom. Beginner's Welcome) Zoom Beginner's Welcome) & Zoom Beginner's w/Amv w/Amv 10am-11am Brain Games 9:15am-12pm Sandy Spring Slave Welcome) 10am-11am Fitness Center *9am-12pm* CASSA 10am-11am Gentle Spin Museum Trip 9:15am-10:15am Yoga **Awareness Programs** 9:30am-1:30pm Kensington Club w/Julienne for All w/Edgar 10am-12pm Pinochle w/Mr. Kelly 10am-12pm Pickleball 11:30am -1pm Senior Volleyball 10am-11am Senior Planet 10am Coffee & 10:30AM-12PAM Low **Education Sessions:Job** Open Play 10am-11am Soul Line Conversations w/Nancv Impact Exercise Video 12:30 - 3:30pm Social Bridge Searching in the Digital Age Dance w/Pevtrienne 10am-12pm Spiritual Support 12:30pm - 2pm Afternoon 10:30am-12pm Healthy Body, 11pm-12pm American 10:15am-11:30am Mah 10am-11am Fitness Center Peaceful Mind w/Tammy Cinema Songbook w/Helaine Awareness Jongg w/Barbara (Zoom) 1pm-2pm West African Dance 1pm-2pm Bingo Blast 10:30am-11:30am 55+ Ballet 10am-11:30am Road to 12:30pm-3:30pm American Class w/Krystal **Basics** (Espanol) Mah Jongg Health w/Holy Cross **10:**30**am-12**pm Dancing 1:30pm-3:30pm Chinese Folk 10:30AM-12PM Low Impact w/Ming Dance Exercise Video 2pm-3:15 Soul Line Dance 10:30-12pm Cardboard 12pm-4pm Bid Whist w/Peytrienne (Zoom) **Boat Regatta Build** 12:45pm-1:45pm Super Power Dance Circle w/Jane 11am-1pm Valentine's Day 1pm -2pm Spanish Conversation Bash w/DJ Tyzer Group 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In 1pm-3pm Chinese Folk Dance Person Beginner's 2pm-3pm All Good Tai Chi(In Welcome) Person Beginner's Welcome)

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Staying Fit & Having Fun Intellect Mon	ually Speaking Fun & Games M Tue	usic, Movement & More Creative Cor	rner At the Movies Healing Hearts Thu	By Community Partners Fri			
Center Closed for Holiday *** WE WILL BE CLOSED PRESIDENT'S * DAY *	9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10am-12pm Pinochle w/Mr. Kelly 10:30am-11:30am 55+ Ballet Basics	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 10am-11am Senior Planet Education Sessions: Messaging Apps 11am-12pm Joint Creative Movement and Dance 11am-11:30am Who Am I? 1pm-2pm Bingo Blast (Espanol)	9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-12pm Pickleball	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10:30AM-12PAM Low Impact Exercise Video 10:30am-12pm Healthy Body, Peaceful Mind w/Tammy (Zoom) 12:30pm-3:30pm American Mah Jongg 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)			

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At the Movies Staying Fit & Having Fun Intellectually Speaking Fun & Games Music. Movement & More **Creative Corner Healing Hearts By Community Partners** Mon Tue Thu Fri Wed *Kensington Club is a social **Senior Team** 9am – 10am Tai Chi (In Person & 9am-10am Zumba Gold TeAnna Abraham-Zoom. Beginner's Welcome) day club for seniors with w/Amv Smith 10am-11am Brain Games 10am-12pm Spiritual Support 10am-11am Gentle Spin early-stage memory loss. Senior Center 10am-11am Fitness Center w/Julienne Awareness Director 11:30am -1pm Senior Volleyball Registration required. For 10am-11am Senior Planet 240-777-6945 Direct Open Play Education Sessions:MyChart 12:30 - 3:30pm Social Bridge information call 301-255-4221 Line 10am-12pm Pinochle w/Mr. Kelly 12:30pm – 2pm Afternoon 10:30am-11:30am 55+ Ballet Teanna.abraham@mo Cinema Basics Please email ntgomerycountymd.g 1pm-2pm West African Dance **10:**30**am-12**pm Dancing Class w/Krystal TeAnna.abraham@montgome ΟV w/Ming Kathei Brown 10:30-12pm Cardboard rycountymd.gov to register **Nutrition Manager Boat Regatta Build Orlando Davalos** 1pm-2pm Bingo Blast for Zoom classes. **Program Assistant** 2pm-3pm Tai Chi (In White Oak Senior Center is **Nancy Court** Person Beginner's Welcome) **Program Assistant** open Monday through Friday **Denise Perdue** 9am-3pm. Lunch is served **Evening Coordinator** and transportation provided.